

# Belmont girls stopped in Division III semifinals

BY BOB MARTIN  
Contributing Writer

HOPKINTON – The Belmont girls’ soccer team took on the Hopkinton Hawks in the semifinals of the Division 3 state tournament last week and Hopkinton was too much for the Red Raiders in a 4-0 victory. The win for Hopkinton sent the Hawks to the state finals for the third straight season, where they eventually captured the Division III title.

Belmont came in with a 7-3 record, but in a strange season due to COVID-19, records are hard to evaluate a team. Hopkinton played mainly Division 2 teams due to the proximity of its opponents, and had a 3-4-2 record, but the team had also won the past two Division 3 titles and



BOB MARTIN

Becca Fleming brings the ball past Hopkinton defenders in a semifinal matchup last week for the Red Raiders.

is always a force to be reckoned with.

The Red Raiders were coming off solid wins over Berlin and local rival Gilford, which went to overtime, to make their way to the final four in the state tournament. In the midst of a difficult season this was a great confidence boost and something for the Belmont squad to build off. Both teams came out animated to start the semifinal matchup, but the Hawks had a clear advantage from the beginning.

The Hawks jumped on the scoring train early with a goal by Keegan St. Cyr on a shot to the lower left of the goal to make it a 1-0 game.

The Hawks continued

SEE BELMONT, PAGE A7

# Republicans earn support of local voters

BY BRENDAN BERUBE  
EDITOR

REGION — A miniature red wave swept through the Winnisquam region last Tuesday as local voters showed their support in force for Republican candidates in both national and state races.

The Presidential election remained too close to call for several days as election officials in contested battleground states worked to count unprecedented numbers of absentee ballots submitted by mail due to concerns about the Coronavirus pandemic. Although victory was ultimately called for Democratic candidate and former Vice President Joe Biden, local voters favored a second term for Republican incumbent Donald Trump. In Belmont, the Trump/Mike Pence ticket received 2,365 votes to Biden and Kamala Harris’ 1,609, while Libertarian running mates Jo Jorgensen and Jeremy Cohen came in a distant third with 78. The results were a bit closer in Northfield, where Trump garnered 1,435 votes to Biden’s 1,122, with Jorgensen trailing at 62. Sanbornton voters gave Trump 1,134 votes, Biden 875, and Jorgensen 36. The closest margin between the two main contenders was in Tilton, where Trump garnered 1,044 votes to Biden’s 938, Jorgensen bringing up the rear with 43.

In New Hampshire, all eyes were on Democratic incumbent Jeanne Shaheen’s ultimately successful fight to defend her seat in the U.S. Senate against Republican challenger Corky Messner. While Shaheen emerged victorious Tuesday night, Belmont voters favored Messner, awarding him 2,022 votes while Shaheen garnered 1,875 and Libertarian Justin O’Donnell 104. Shaheen narrowly edged out Messner in Northfield, with 1,327 votes compared to Messner’s 1,202 and O’Donnell’s 60. Messner was the favorite among voters in Sanbornton, who gave him 1,003 votes to Shaheen’s 992, while O’Donnell was given 35. Tilton voters threw their support behind Shaheen, granting her 1,069 votes and Messner 879, with O’Donnell once again trailing with 49.

The hotly contested race for the First Congressional District, which saw Democratic incumbent Chris Pappas facing a formidable challenger in Republican Matt Mowers, was also closely watched. Although Pappas ultimately won re-election, local voters once again favored the conservative candidate. Mowers garnered 2,272 votes in Belmont to Pappas’ 1,557, with Libertarian Zachary Dumont in third place with 123. The story was the same in Sanbornton, where Mowers was given 1,103 votes, Pappas 852, and Dumont 56. The race was much closer in Tilton, however, with just 47 votes separating Mowers (985) and Pappas (938). Dumont once again trailed with 59.

Northfield residents cast their votes in the no less

SEE ELECTION, PAGE A7

# Locals compete in Meet of Champions

BY JOSHUA SPAULDING  
Sports Editor

NASHUA — The state’s best runners descended on Mine Falls at Nashua South High School on Saturday for the annual Meet of Champions.

In the girls’ race, the Gilford team, which finished fourth at the Division III State Meet, finished in 15th place overall, with Hanover taking the title.

Catherine Stowe of Gilford led the way for

the local girls, finishing in 40th place in a time of 20:33.

Kennett’s Amy Burton ran to 68th place overall with a time of 21:17 and Prospect Mountain’s Veronica Dowd finished in a time of 22:36 for 91st place overall.

Vanessa Genakos of Gilford finished in 92nd place in a time of 22:39, teammate Bethany Tanner finished in 101st place in 23:55 and team-

mate Madeline Burlock was 110th overall in a time of 26:09.

Alaina Osborn finished in a time of 27:59 for 113th place, Tessa Tanner was 114th in 28:08 and Sydney Eastman finished in a time of 28:18 for 115th place.

Addison Cox of Coe-Brown, the Division II champion, took the overall win for the girls, while her brother, Aidan, the Division II boys’ champion, led the

Coe-Brown boys to the Meet of Champions title.

Patrick Gandini of Gilford finished in a time of 15:51 to place eighth overall after winning the Division III championship the previous week.

Dylan Robert of Winnisquam finished in 48th place overall in a time of 17:21.

Sports Editor Joshua Spaulding can be reached at 279-4516, ext. 155 or josh@salmonpress.news.

# Spaulding Academy & Family Services holds Virtual Authors Tea



NORTHFIELD — Spaulding Academy & Family Services (formerly Spaulding Youth Center) virtually celebrated its annual Authors Tea event in October to accommodate COVID-19 safety precautions. This

event is the culmination of weeks of student work: brainstorming, writing, revising, illustrating, and producing creative writing projects that align with a specific theme. The school selected “Choose Love” as

the 2020 theme, since it has recently integrated the social and emotional learning (SEL) Choose Love Movement curriculum across academic departments.

Each classroom developed grade level-appropriate projects focused on specific modules of the Choose Love curriculum: Courage, Gratitude, Forgiveness, and Compassion in Action. For example, younger students used each letter of their names to write and illustrate descriptive words that demonstrate courage, while older students wrote poems and stories – and

even designed cartoons – about courage, gratitude, forgiveness, and compassion.

Typically, students and staff are joined by family and friends at the Authors Tea to showcase their works and celebrate their imaginations, creativity, and diligence. Due to COVID guidelines, this confidence-building event took place in-house with students and staff this year, and was shared virtually with other cohorts and loved ones.

“I was truly im-

SEE TEA, PAGE A7



# Belknap House receives donation from New England Patriots Foundation



Colleen Garrity

FOXBOROUGH, Mass. — Every year since 1998, the Kraft family and the New England Patriots have been celebrating those who give their time to help others. The program was originally known as the Community Quar-

terback Awards and were presented to those who exemplify leadership, dedication and a commitment to improving their communities through volunteerism. In 2011, the awards were renamed in honor of the late Myra Kraft who committed her life to volunteering. As part of the New England Patriots Foundation's ongoing Celebrate Volunteerism initiative, the Kraft family traditionally hosts a special ceremony at Gillette Stadium to celebrate the honorees. On Friday, Oct. 30, the Kraft family and the New England Patriots hosted a virtual ceremony to celebrate 26 volunteers from all across New England.

Twenty-five organizations received grants of \$10,000 in honor of their outstanding volunteers and one grand prize winner received a surprise \$25,000 donation. Patriots Chairman and CEO Robert Kraft, New England Patriots Foundation President Joshua Kraft and Patriots and Pro Football Hall of Famer and Patriots Executive Director of Community Affairs Andre Tippett all participated in the virtual ceremony. "This year has been incredibly challenging for so many families, but it has also been difficult for nonprofits," said Robert Kraft. "They have been called upon to support more families than

ever before, but have been unable to host their traditional fundraising events. Volunteers are the lifeblood of these charitable organizations and they have stepped up in a big way during this unprecedented time. We were honored to be able to meet 26 of these local heroes – albeit virtually – and to be able to shine a spotlight on their volunteer efforts." Colleen Garrity was recognized as a 2020 Myra Kraft Community MVP Award winner. In honor of his dedication to volunteering, the Kraft family and the New England Patriots Foundation will make a \$10,000 donation to the nonprofit she founded, the Belknap House. In response to a growing trend in her community, Garrity helped found the Belknap House in 2014 as a temporary shelter for families experiencing homelessness. "When families find themselves homeless, children are negatively impacted, through no fault of their own," said Garrity. "Seeing families with young children sleeping in cars and tents

or walking the streets because they have no place to go, is heart breaking." "Families need places, such as, Belknap House to help them through their homeless crisis and to stabilize the family unit," she continued. "Belknap House strives to provide a warm and caring home for families to help them feel safe and secure." It started seasonally, helping to keep families warm during the cold winter months, but has since evolved to a year-round facility. Garrity volunteers more than 30 hours a week, actively serving families from 11 cities and towns. "I am humbled to have been nominated and recognized for the Myra Kraft Community MVP award and thankful to the Kraft family and Patriots Foundation for making this possible," said Garrity. "I have been blessed to be able to volunteer and spend my time doing what I love. Volunteering for nonprofits takes a village and I am honored to be part of that village." The 2020 Myra Kraft Community MVP win-

ners range from 14 to 97 years old and represent every New England state. The selected nonprofits provide support for many causes, including education, foster care, homelessness, mental health, mentoring, military support and youth development. The Kraft family and the New England Patriots Foundation received more than 250 applications this year from nonprofit organizations looking to recognize their outstanding volunteers. Nominations open each spring and the awards are open to all nonprofit organizations in the New England region. For more information on the Myra Kraft Community MVP Awards, please visit [www.patriots.com/community](http://www.patriots.com/community). On Friday, Oct. 30, Robert Kraft, Josh Kraft and Andre Tippett participated in a virtual ceremony honoring the 2020 Myra Kraft Community MVP Award winners. Twenty-six volunteers were recognized for their efforts at nonprofit organizations from all across New England.

## Mix Cash & Cans prize calendars on sale

REGION — Mix 94.1 FM's 34th annual Cash & Cans Money and Food Drive for the Holidays is set for Dec. 4-11. A unique way to raise money is to purchase a Mix Cash & Cans prize calendar. "The calendar is filled with over four thousand dollars in cash and prizes, each prize donated to us by area businesses and individuals. And we appreciate each and every one of them," said Fred Caruso, founder of the Cash & Cans program in 1987. Winners will be selected daily during December and you can win multiple times. Calendars are ten dollars each and available at Prescott's Florist, Vista Foods and All My Life Jewelers in Laconia; at Franklin Savings Bank offices in Franklin, Tilton, Gilford, Bristol, Tilton and Boscawen; Caleb's Barber Shop, Tilton; Park-N-Go Market, Northfield and The Hair Depot, Franklin. You can also email Caruso at [fred@mix941fm.com](mailto:fred@mix941fm.com) and calendars will be mailed to you. Last year, Mix Cash & Cans raised over \$44,000 in cash and thousands of pounds of non-perishable food items. All donations stay local, benefiting the Twin Rivers Interfaith Food Pantry; The Santa Fund of the Greater Lakes Region; the Tilton/Northfield/Sanbornton (TNS) Christmas Fund; Bread & Roses Soup Kitchen; the Franklin Police Toys for Tots program; Santa's 'Lil Helpers through the Belmont Police Department; Every Child Is Ours; the Meredith Emergency Food Pantry and the Northfield/Tilton Congregational Church Food Pantry.

## David Cronin promoted to Executive VP, Chief Human Resources Officer at NH Mutual Bancorp



David Cronin

REGION — New Hampshire Mutual Bancorp (NHMB) has announced that David Cronin has been promoted to Executive Vice President and Chief Human Resources Officer for the organization. NHMB is a shared service organization that provides essential services to three 150-year-old mutual community banks in New Hampshire - Savings Bank of Walpole, Merrimack County Savings Bank (the Merrimack) and Meredith Village Savings Bank (MVSb) - as well as their sister organization NHTrust,

a full-service trust and investment management firm. The services provided by NHMB to their sister companies include human resources, finance, information technology, compliance management, facilities management, risk management, operations and marketing. In his role, Cronin, provides leadership for NHMB's human resources, benefits, payroll, recruiting and corporate culture.

"David's extensive background in human resources has benefited the company well during this period of intensive growth and challenges," said Gregg Tewksbury, President and CEO of NHMB. "He's worked tirelessly to align compensation and benefit plans as our company brought banks together and recently added to our financial services affiliate through an acquisition. David's focus on our talent and workplace culture benefits all of us as he advocates for employee well-being in everything he does."

Cronin joined Meredith Village Savings

Bank in 2008 as Vice President and Human Resources Officer. In 2009, he was promoted to Senior Vice President and Human Resources Officer and again promoted in 2014 as Human Resources Director for New Hampshire Mutual Bancorp.

Cronin is active in his local church and community, and lives in Madison with his family. New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in the state. This strategic partnership has positioned the banks to leverage each other's strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSb and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, MillRiver Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth Management to become NHTrust. NHMB combined assets total more than \$2.8 billion. For more information, visit [nhmutual.com](http://nhmutual.com).

THE WINNISQUAM ECHO:  
*The next best thing to word of mouth advertising!*

MEET YOUR SALES REPRESENTATIVE

# TRACY LEWIS

## 603-616-7103

Call Tracy today at (603) 279-4516 ext. 182 or e-mail [tracy@salmonpress.news](mailto:tracy@salmonpress.news)  
Our advertisers trust us, our readers trust our advertisers!

[www.salmonpress.com](http://www.salmonpress.com)

COMMERCIAL • COMPACTOR UNITS • HOME CLEANOUTS • STORM DAMAGE • ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

*Fall into good habits - Time to clean up, clean out & GET ORANGE!*

Wishing you a Happy & Healthy Thanksgiving!

DUMPSTER RENTALS STARTING AT \$410

NO HIDDEN FEES  
NO FUEL CHARGE  
NO TRICKY LONG TERM CONTRACTS TO SIGN

SAVE WITH OUR DUMPSTER DEPOT BUCKS

Great Service at "YOUR" Convenience, Not Ours!

# THE DUMPSTER DEPOT®

Waste Recycling Services

[WWW.DUMPSTERDEPOT.COM](http://WWW.DUMPSTERDEPOT.COM)

Got a trashy question? CALL US TODAY TOLL FREE 1-866-56-DEPOT LOCAL 603-783-8050

Like us on Facebook

ROOFING MATERIALS • SMALL DUMPSTERS • FRONT LOAD DUMPSTERS • REAR LOAD DUMPSTERS

# Winnisquam Echo

ADVERTISE WITH US  
ADVERTISING EXECUTIVE  
Tracy Lewis  
(603) 575-9127  
[tracy@salmonpress.news](mailto:tracy@salmonpress.news)

TO SUBSCRIBE OR FOR SUBSCRIPTION SERVICES:  
WINNISQUAM ECHO  
(603) 279-4516 OR  
KERRI PETERSON  
(603) 788-4939  
[kerri@salmonpress.news](mailto:kerri@salmonpress.news)

WWW.SALMONPRESS.COM  
(603) 279-4516

A SALMON PRESS PUBLICATION  
ECHO STAFF DIRECTORY

**PRESIDENT & PUBLISHER**  
FRANK G. CHILINSKI  
(603) 677-9083  
[frank@salmonpress.news](mailto:frank@salmonpress.news)

**BUSINESS MANAGER**  
RYAN CORNEAU  
(603) 677-9082  
[ryan@salmonpress.news](mailto:ryan@salmonpress.news)

**OPERATIONS DIRECTOR**  
JIM DiNICOLA  
(508) 764-4325

**EDITOR**  
BRENDAN BERUBE  
(603) 677-9081  
[brendan@salmonpress.news](mailto:brendan@salmonpress.news)

**DISTRIBUTION MANAGER**  
JIM HINCKLEY  
(603) 279-4516

**PRODUCTION MANAGER**  
JULIE CLARKE  
(603) 677-9092  
[julie@salmonpress.news](mailto:julie@salmonpress.news)

**SEND US YOUR NEWS AND PICS**  
[MyEcho@SalmonPress.news](mailto:MyEcho@SalmonPress.news)

**TO FAX THE ECHO:**  
CALL 1-888-290-9205

**TO PRINT AN OBITUARY:**  
E-MAIL:  
[obituaries@salmonpress.com](mailto:obituaries@salmonpress.com)  
CALL: 603-677-9084

**TO SUBMIT A LETTER TO THE EDITOR:**  
E-MAIL: [news@salmonpress.news](mailto:news@salmonpress.news)

**TO SUBMIT CALENDAR ITEMS:**  
E-MAIL: [news@salmonpress.news](mailto:news@salmonpress.news)

USPS 024-975

The Winnisquam Echo is published weekly by Salmon Press, P.O. Box 729, 5 Water St., Meredith, NH 03253. Periodicals postage paid at Meredith, NH 03253. POSTMASTER: Send address changes to the Winnisquam Echo, P.O. Box 729, Meredith, NH 03253.

## TILTON POLICE LOG

TILTON — The Tilton Police Department responded to 472 calls for service and made the following arrests during the week of Oct. 26 to Nov. 1. Arrested during this time period were Beinvenido Azotea (for Driving After Suspension), Jennifer Johnson (for violating Prohibitions), Mikayla Stone (for Domestic Violence-Simple Assault), David Mina (for Driving After Suspension), Nicole Penley (for Criminal Threatening), and Sarah Fissette (for Willful Concealment).



# Center for Financial Training & Education Alliance names Katrina Randlett winner of Sapphire Award

REGION — The Center for Financial Training & Education Alliance (CFTEA) has announced that Katrina Randlett, Learning and Development Officer for New Hampshire Mutual Bancorp (NHMB), has been awarded the Sapphire Award - Council of the Year. The Sapphire Award – Council of the Year recognizes innovative approaches to education that have allowed continued employee learning and enhancement during the current health crisis. In her role, Randlett oversees the planning and execution of learning and professional growth, workplace engagement and leadership development for NHMB.

NHMB is a shared service organization that provides essential services to three 150-year-old mutual community banks in New Hampshire - Savings Bank of Walpole, Merrimack County Savings Bank (the Merrimack) and Meredith Village



Katrina Randlett

Savings Bank (MVSB) - as well as their sister organization NHTrust, a full-service trust and investment management firm.

“Katrina implemented and maximized the use of technology during the pandemic and has taken full advantage of all our virtual capabilities,” said David Cronin, Executive Vice President and Chief Human Resources Officer for NHMB. “She has adapted the functionality of the tools provided to her to ensure that our vast employee training and onboarding pro-

grams continues to progress. This recognition is well-deserved.”

“I’m honored and humbled to have been selected for this award,” noted Randlett. “Our biggest challenge is that we are made up of three banks throughout the state of New Hampshire. It’s not easy for our employees to gather in one central location to learn, since some would have to drive 3+ hour’s roundtrip for a training that lasts around an hour. We have benefitted from distance learning even before COVID-19. Distance learning is great on time, decreases mileage expense and for branches with limited employees, we don’t have to have employees gone for hours. Students have commented that they love being able to see the instructor over a webcam and that the small groups found within breakout rooms make them feel like a team. There has been less travel and hours aren’t lost to travelling to a tradi-

tional site. We love the fact we can have instructors from anywhere and that even though the experience is remote, there is still great growth and a wealth of learning.”

Randlett joined Meredith Village Savings Bank (MVSB) in 1999 as a teller. She spent several years in a variety of roles within the branch network at MVSB including Branch Services Manager and Teller Trainer. In 2017, she moved to the Risk Management Department as the Risk Management Systems Administrator for NHMB and in 2019 was promoted to Learning and Development Officer.

Randlett earned her teller and customer service certifications through the American Bankers Association, and is a graduate of the Northern New England School of Banking. Katrina has been an active member of the Center for Financial Training & Education

Alliance Board for two years, representing the Lakes Region Council.

Randlett has volunteered with the Save for America Program and the Ashland 4th of July Committee and participates in the Holderness Fire Association to create Halloween in Holderness. She lives in Holderness with her family.

CFTEA has been providing industry specific training and education to financial institutions and area organizations for more than 100 years. They began as volunteer chapters of the American Bankers Association’s educational arm, the American Institute of Banking and serve organizations throughout Maine, New Hampshire, Vermont and Virginia. You can find out more at cftea.org.

New Hampshire Mutual Bancorp, a shared services organization, was formed in 2013 when two New Hampshire-based community

banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in the state. This strategic partnership has positioned the banks to leverage each other’s strengths as they work together to advance a shared vision of maintaining and enhancing community banking standards and values. MillRiver Wealth Management joined as a third affiliate in 2015, combining the financial advisory divisions of MVSB and the Merrimack. Savings Bank of Walpole joined NHMB in 2018. In 2020, Mill-River Wealth Management affiliated with the New Hampshire Trust Company and Savings Bank of Walpole Wealth Management to become NHTrust. NHMB combined assets total more than \$2.8 billion. For more information, visit nhmutual.com.

# Bank of New Hampshire promotes Dona Murray to Senior Vice President – Investment Officer

LACONIA — Bank of New Hampshire is proud to announce that Dona Murray has been promoted to Senior Vice President – Investment Officer.

Murray joined the Bank of New Hampshire Wealth Management Team ten years ago, bringing valuable experience and skills to the bank. Now, with more than 30 years of ex-

perience in the financial and investment services industry, she continues to provide essential expertise to the Wealth Management Team and bank as a whole. She graduated with Cum Laude honors from Occidental College with a double major in Economics. Prior to joining Bank of New Hampshire, Murray spent more than 15 years with Wellington Management



Dona Murray

Company in Boston as a Vice President and pro-

vided investment counsel to private trusts. She is a graduate of Leadership Lakes Region and serves as a Director on their Board.

In 2017, Murray received Bank of New Hampshire’s Quality Service Professional of the Year Award. That same year she received United Way’s Employee Campaign Coordinator of the Year Award. She

is an active volunteer throughout the community.

Bank of New Hampshire, founded in 1831, provides deposit, lending and wealth management products and services to families and businesses throughout New Hampshire and southern Maine. With 23 banking offices throughout New Hampshire and assets of nearly \$2

billion, Bank of New Hampshire is the oldest and one of the largest independent banks in the state. Bank of New Hampshire is a mutual organization, focused on the success of the bank’s customers, communities and employees, rather than stockholders. For more information, call 1-800-832-0912 or visit www.BankNH.com.

## BELMONT POLICE LOG

Belmont police log

BELMONT — The Belmont Police Department reported the following arrests from Oct. 19 to Nov. 4.

Joseph T. Marcello, age 37, of Hampstead was arrested on Oct. 19 for Burglary.

Joshua White, age 32, of Belmont was arrested on Oct. 19 in connection with a warrant.

Kelani A. Castellez, age 33, of Lebanon, Maine was arrested on Oct. 19 for Stalking (violation of a Domestic Violence Order) and Breach of Bail.

Derek D. Nicholson, age 33, of Belmont was arrested on Oct. 20 in connection with a warrant.

Amanda Marie Mullen, age 29, of Tilton was arrested on Oct. 22 for Driving After Revocation and Suspension, being in Control of a Premises on which Drugs were Kept, and Possession of Drugs.

Bradley J. Swinton, age 45, of Laconia was arrested on Oct. 23 for two counts of Domestic Violence-Simple Assault-Physical Contact and Simple Assault-Physical Contact or Bodily Injury.

Ryan R. Letarte, age

39, of Meredith was arrested on Oct. 23 in connection with a warrant.

An adult male was taken into protective custody on Oct. 23.

An adult male was taken into protective custody on Oct. 24.

Marlaina R. Burke, age 30, of Belmont was arrested on Oct. 26 for Conduct After an Accident.

Frank R. Paquin, age 39, of Belmont was arrested on Oct. 29 for Second Degree Assault and Domestic Violence-Strangulation.

Arianna Espinola,

age 30, of Belmont was arrested on Oct. 29 on multiple counts of Possession of a Controlled Drug and Violation of Probation or Parole.

Paul E. Mullaney, age 34, current address unknown, was arrested on Nov. 1 for Domestic Violence-Assault and Breach of Bail.

John Paul Natzel, age 34, of Belmont was arrested on Nov. 1 for Criminal Trespassing.

Jaime Alex, age 42, of Alexandria was arrested on Nov. 2 in connection with a warrant.

## Forest Pump & Filter Co.

Serving The Greater Lakes Region Area for Over 50 Years

WE DO IT ALL

WELL DRILLING

PUMP SYSTEMS

FILTERS

Family Owned Business for 40 Years

CALL FOR SERVICE

FOREST PUMP & FILTER CO., INC.

603-332-9037

## TRUSTS, WILLS, ADVANCE DIRECTIVES

Zoom Meetings & Remote Signings

Warren Lake, Esq.

(603)286-2287

www.warrenlakelawoffice.com

Sanbornton & Plymouth Locations

salmonpress.com

## SCHWARTZBERG LAW

FAMILY LAW EXPERTISE  
IN YOUR BACK YARD

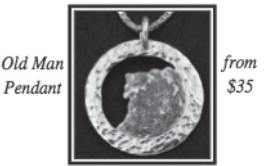


Steve Gahan, Ora Schwartzberg and John T. Katsirebas, Jr.

572 Tenney Mountain Hwy, Plymouth, NH 03264

603-536-2700 | WWW.NHLAWYER.NET

Wonderful Things  
Come In Small Packages...



especially if they're from

Alan F. Soule Jewelers

286-8649  
422 W. Main St.

Tilton, NH  
(across from Winnisquam HS)

Gold • Sterling • Diamonds  
Colored Stones • Repairs  
Custom & Handcrafted Items  
Wedding & Family Jewelry



## The passing of a legend

“This is ‘Jeopardy!’” will never sound quite the same again after the passing of longtime host of America’s favorite game show, Alex Trebek, on Sunday at the age of 80. He served as the show’s host for an impressive 37 years. In the spring of 2019, Trebek was diagnosed with stage four pancreatic cancer.

Since 1984, Trebek has been a fixture in households during the dinner time hour when families across America would shout answers at their television sets. Many of the show’s questions, made us wonder if we ever picked up a book.

In every episode, Trebek always remained, calm, cool, collected and was the perfect gentleman. Throughout the years, many have tried to stump the famous host with various trivia questions, to which Trebek would always respond by saying “What is...?” first.

Trebek was born George Alexander Trebek in Canada on July, 22 1940. Apart from “Jeopardy!” for which he is most known for, the famous TV personality hosted other shows such as Nickelodeon’s “Double Dare,” “Classic Concentration,” “The Wizard of Odds,” and “Battlestars,” to name a few.

The man, famous for his mustache, received a Daytime Emmy for Outstanding Game Show Host seven times through his tenure. In addition he has received several awards, including a Lifetime Achievement Award and was given the key to the City of Ottawa.

Many fans don’t know that Trebek’s father emigrated from Ukraine and that he grew up in a bi-lingual household. His first job at the age of 13 was serving as a bell hop at the hotel his father, a chef, was employed with.

He graduated with a degree in philosophy from the University of Ottawa in 1961. Before graduation, he dipped his toes into the broadcasting world with a job working for the Canadian Broadcasting Corporation.

In one interview, he said, “I went to school in the mornings and worked at nights, I did everything, at one time replacing every announcer in every possible job”.

While employed with the CBC, Trebek hosted various news shows and sporting events.

The well loved host made a move to the states in 1973, when he began working for NBC. His first gig, with them, was hosting “The Wizard of Odds.”

Art Fleming was slated to be the host for Jeopardy but failed to return citing creative differences. Trebek slid into the spot in 1984, and it was game on ever since.

Trebek was married with two children. Apart from his role as host, husband and father, he was a longtime philanthropist and activist on the behalf of children worldwide.

Trebek has a star on both the Hollywood Walk of Fame and Canada’s Walk of Fame.



JOSHUA SPAULDING

### Tough ending

The Winnisquam football team was scheduled to host the Division III semifinals with Stevens this past Saturday, but the Bears were forced to forfeit the game due to a COVID-19 issue. Stevens was awarded the 3-0 win and advanced to the Division III finals against Pelham.

## STRATEGIES FOR LIVING

### On stormy times

By Larry Scott

In the New Testament Gospel of Mark, we find Jesus and His disciples crossing the Sea of Galilee when they were hit with a fierce storm. Typical of the squalls that take even veteran sailors by surprise, they feared they were about to sink.

But completely oblivious of the peril He and His disciples were in, Jesus was asleep at the back of the boat. Finally, one of the disciples decided it was about time to awaken the Master. “Teacher,” they shout, “wake up! Don’t you care that we are about to drown?” And I can imagine Jesus saying something like, “What’s the matter, gentlemen? You guys have a problem? Where’s your faith?” Easy for Him to say; He hadn’t spent several hours at the oars and bailing a sinking boat!

But not to worry; Jesus “speaks to the wind and the waves.” He doesn’t pray about it, He speaks to it. And He doesn’t call on a higher power; He was the higher power. “Cool it,” He says to the storm and within moments there is perfect calm, and they are sailing on a sea of glass. Unbelievable!

The disciples’ fears were not unlike the feeling many of us have regarding the tumultuous days in which we live. As if the Pandemic were not bad enough, we now face a disputed election, smoldering hatred on both sides of the aisle, and a lawless minority looking for an excuse to kill and burn. Add to that deficit spending, high unemployment, and an often-emasculated police force protecting our cities, and you know we are in deep trouble.

We need divine intervention, but national sentiment seems to support a course for America that gives little attention to God and the principles of life He has given us. We plan to “go it alone,” and many of us fear God may just give us that option. But there will be hell to pay!

Peace of mind during times like these comes to those who know God is with us as we fight our way through the storm. Life is what it is, and God has nowhere promised us a walk in the park. Our faith is no cop-out from the pressures of life for it is, after all, only within the storm He can demonstrate His power and willingness to bring sunshine out of rain.

As the disciples discovered, there is something special that happens when you have a personal encounter with

Jesus Christ. The enthusiasm Christians have for their faith is not partisan; it is personal. The peace of mind He has given us, the sense of His presence we have as we go through difficult times, defies description. Something genuine and life-changing comes to those who have an honest, sincere, and responsive encounter with Jesus. This is real!

Perhaps it is time, America, to give renewed attention to Jesus and the principles He taught. The one who said, “I am the way, the truth, and the life,” offers us a way out with a new sense of direction, a new perspective on life, and a solution to the “pandemic of spirit” that has overwhelmed our people. There is an answer to the fix we are in; it is found in Jesus Christ.

## VNA

## Now more than ever, home hospice’s time has come

They say that everything old becomes new again, and never has that been more true than in the way that we care for our loved ones at the end of their lives now. As many people struggled with the very real need to close long-term care centers, assisted living homes and even hospitals, to visitors of all kinds, home Hospice care has a safer and even more welcoming option than before.

In 1912, about 66 percent of people living in Boston died at home, according to a 2019 New York Times article. But changes in medicine, both in what it could do for those who were ill and in the ability of those who needed it to be able to get it, began to change those numbers. An Institute of Medicine study in 1997 showed that by 1949 it was nearly half

of Americans died in the hospital, and in-hospital deaths soon became the new normal with 74 percent of deaths occurring in hospitals 1980. But as our loved ones began to die later in life, and from illnesses that were beyond the means of curative treatments, people began to desire to stop the medical interventions that were not going to cure them, and at times could cause pain, interrupt precious time left with family and friends and cause complications such as infections or even death. This focus, on symptom management, pain relief, death with dignity, and choices about how to spend their remaining time motivated many to leave the hospital and go back home, where they wanted to be.

Although Hospice has been with us since the 11th century, what we

know as Hospice care was introduced to us in the mid 1960’s by a British Physician named Dame Cicely Saunders who famously said, “You matter because you are you, and you matter to the end of your life. We will do all we can not only to help you die peacefully, but also to live until you die.” By the 1980’s Medicare and most private insurance began to pay for Hospice care, and that allowed people to act on what they had been really desiring; end of life on their own terms. As of 2017, more people completed their end-of-life journey in their home than in-hospital, and those numbers have continued on that trend.

With the devastating effect of COVID-19 on long-term care centers, and its ability to spread in group settings, and the need for hospitals to re-

duce or close to visitors of any kind, more families are turning to in-home hospice care to keep their loved one safe from infection. Thankfully we are seeing improving case numbers to allow some facilities to be more open, but the reality is, that we simply don’t know what the future will hold.

“Our Hospice team is well-versed in the prevention of exposure to infectious disease, including COVID-19,” states Kristin Jordan, Clinical Director of Homecare and Hospice at Franklin VNA & Hospice. “The principles of Hospice care are excellent symptom management, which helps avoid hospitalizations and exposure to large groups of people by managing pain and other needs at home. Our team members work to show family and caregivers how best to safely care for their loved one,

and if there is need, we are always just a phone call away, 24 hours a day, seven days a week, and someone is always on call who can come if needed.” She notes, “While COVID-19 is new to us all, seeing patients during blizzards, at two in the morning, or any other day or condition you can think of is not. We are there to support the person, and their loved ones, as a whole team.”

The ability for families and other caregivers to receive in-home support from nurses, aides, spiritual counselors, social workers, physicians or nurse practitioners and volunteers has changed what is possible for many terminally ill people and their families. Those on Hospice can now get answers to questions about symptoms management, what to expect as someone’s disease progresses,

emotional support for the dying person and their loved ones, including support for a year after their loved one has passed, are all part of the team approach to home Hospice.

Franklin VNA & Hospice is here for our community. We help keep you home, where you want to be, and help you recover in your home if you do get sick.

Franklin VNA & Hospice is your choice for excellence in Homecare and Hospice.

Choose Local. Choose Excellence. Choose Franklin VNA & Hospice.

For more information, call Franklin VNA & Hospice at 934-3454 or visit [www.FranklinVNA.org](http://www.FranklinVNA.org).



North Country Notebook

# A list of things we'd do if we got another chance



By JOHN HARRIGAN  
COLUMNIST

A bunch of us get together on a semi-regular basis (we're all busy) and just kick around any topic at all--something in the news, a local problem, whatever's caught our minds.

All of us out here drawing a breath, I think, have a secret wish list--things we wish we'd done, or things we'd do differently. These often come up for discussion.

(Note: The following wish-list is whimsical, and doesn't mention groups and individuals who have offered classes in the past.)

+++++

On my list is the wish that I'd have kept up playing the E-flat tuba. This is not to be confused with the BB-flat Sousaphone, which was created for marching bands (I played that too). The tuba is played sitting down, while held in lap and arm. It's the bass-vi of many a band.

David Killam, our longtime music teacher, was proficient and su-

perlative in a multitude of instruments, from woodwinds to piano to horns of every stripe. Although the E-flat tuba that I played belonged to the school, I'm sure he'd have helped me find a good one, as he did for so many students who, after graduation, wanted to play on.

Mr. Killam schooled me far beyond what high school required, and we entered a couple of talent shows, in one of which I wound up taking second, and the last of which I won. He wrote a wonderful tuba duet for me and Deanna Howard, which we should have entered too.

Every year, an ensemble of horn-players, "TubaChristmas," stages concerts all around the northern half of the state. If I'd have kept up my tuba, I might qualify to join them; instead, I'm happy to go as a paying customer.

The North Country has always been a musical place, and there is a great deal more music being played and performed outside the school system than within it, which says something about the multi-talented adults we have out there among the variegated mix.

Some musicians are top-notch professionals who could qualify to play for anyone, anywhere. Others learned to play by ear, often under rugged

circumstances, but are refining their playing all the time. Whatever the case, we are fortunate to have them in our midst. They are part of the richness we call home.

+++++

A second thing I wish for--and I hear many, many adults say the same--is for a good, locally accented, mid-week evening class in conversational French.

We in the northern end of the North Country are so lucky to live along the border with Quebec and Canada--share so much history, have so many families with close relatives on either side, but above all, have the rich cultural soup that results. Other New Hampshire communities have a Franco-American mix because of the mills.

I so wish I'd grown up in a bilingual household. Kids who do are a leg up on the rest of us. Even if we take a good, focused, practical course in conversational French, we'll never catch up.

When are you too old to take a course like that? Never, experts reply. I'd take such a course in a heartbeat, even though I speak a little French.

+++++

Although I didn't realize it until later, the genetic package that is me included a basic talent in

converting eyesight into some kind of art-form.

From early boyhood on, I had an ability to sketch objects, and for a while I did cartoons of all sorts, creating characters that acted out childhood fantasies or take-offs of things I'd seen in goofy magazines or the Sunday comics.

Jimmy Berry, a son of one of the local game wardens, was my best friend, and I'd been befriended by local Fish and Game biologists Dave Patrick and Carl Carlson. That's how I happened to go along on a search for a fawn orphaned when its mother was killed in the road.

As luck would have it, I found the fawn first and signaled the others, but never forgot the sight of it, curled up there in the tall grass, still scentless to predators, its mother having told it to hide.

My mother, having noticed my scribbings over the years, urged me to draw the fawn, so I did, lightly with a soft pencil, and then with pastels to color it in. It hangs in the newspaper's front office to this day, the sign of a mother's pride that no one seems worried about moving.

If a course in basic sketching, with some tips on portraits and the use of light, especially the use of window-light, and some fundamentals on landscapes--if a



COURTESY

A newly orphaned fawn hiding in the grass, as its mother ordered--the moment of discovery frozen in mind.

course like that was offered, I'd take it.

+++++

I'd bet that a lot of far-flung readers are nodding their heads at all this, or at least some of it, and I'd bet that the general theme rings true for all towns and greater communities, everywhere, from Pittsburg to the Conways to lower Winnepesaukee and beyond.

I know, I know--much of this has been said and tried before, and educators have set up courses, and some succeeded, but too many failed. Topography and demographics work against us. It's a recipe for discouragement.

But often, I think, such courses are poorly visualized, poorly presented, and worst of all, poorly promoted.

First, get local residents' input before designing a class. It has to

be what people want, not what the establishment wants.

Second, find a place where participants will feel comfortable. It can be a school, or a library, or a coöperative business, or even someone's home.

Third, not a penny should be spent on advertising. If it's for a good cause--meaning not for profit--promotion is free. The media are ready to help out. Tuition often benefits some local cause.

All of the above can and should work--and if my experience is any indication, others hope so too.

(Please address mail, with phone numbers in case of questions, to campguyhooligan@gmail.com or 386 South Hill Rd., Colebrook, NH 03576.)

## MARK ON THE MARKETS

### Low rates good and bad



BY MARK PATTERSON

So far, since the beginning of this year, the 10-year Treasury note yield has dropped below 1 percent, creating a lowering of mortgage rates and loan rates in general. So that would be good, right? Well, if you are buying or refinancing a

home or even getting a car loan this is good. But if you are attempting to find a good safe yield in a CD or Bond, you can put that on the back burner until who knows when. As I have discussed before, the low rate policy engineered by the Federal Reserve Bank has created a scenario that is going to be difficult to rectify. You see, the US Government is running a \$24 trillion debt that we are paying interest towards continually. So we must keep these rates down so we can pay less interest to the bond holders and of course take on more debt. Because there is no yield in "safe" vehicles like CD's or bonds, many are

forced to look for income and yield from "riskier" investments like, dividend paying stocks, Real Estate Investment Trust, Alternative investments like equipment leasing or financing lawsuits against "evil" "corporations."

Some of this stuff sounds far-fetched, but I get calls all the time from companies selling these "investments." Many of these "investments" are legitimate, but may not have any liquidity to them, or in other words, you may not be able to sell and get your money out if you do not like the investment or need the money for something else.

Another way that

these low interest rates are hurting the investor is not so obvious but I will explain it in the best way I can. Equity-indexed annuities have had a great place for a portion of someone's investment portfolio that wanted guaranteed income or a place to potentially grow their money with no downside market risks. These annuities credit a portion of interest that is based on a growth in an index, most commonly S+P 500. But the insurance company is actually taking your premium and investing it in bonds, usually corporates. Then they buy an option contract on the underlying index to give you the potential market

growth connected to the crediting strategy that you chose. When interest rates get as low as they are, the yield from the corporate bonds to the insurance company is less than when rates are higher, which puts pressure on their operating margins, which in turn reduces the "caps" or potential upside they can provide to the investor. These Equity -indexed annuities can still be a super alternative for the right person with certain goals for that portion of their investments, they have just become leaner. Indexed annuities bought in the last few years may have a "Market Value adjustment" or MVA attached.

If so, this could make your annuity more valuable because of the lower rates of today. If you have this feature with your current Indexed annuity, you should explore your options for taking advantage of this feature. Call my office if you want more info regarding these MVA's!

Risk vs. reward should always be considered when investing money. But you must first realize and mitigate the risk involved with every investment you make.

Mark Patterson is an advisor and portfolio manager with MHP Asset Management and can be reached at 447-1979 or Mark@MHP-Asset.com

Lakes Region Chimney Sweep

\$199

Chimney Pro

Sweeps • Stonework  
Brick Repairs • Liners  
Caps • Installations  
Fire Place Makeovers

CERTIFIED CHIMNEY SWEEP

Video Chimney Inspections

603-520-7217

BETTER BUSINESS BUREAU

Fully Insured

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Paid Advertisement

Edward Jones: Financial Focus

Protect Your Finances from "Cyberthieves"

You've no doubt heard reports of personal data being stolen and used for financial fraud – anything from online shopping on your credit cards to actual theft from your financial accounts. This problem won't go away anytime soon – but you can take steps to defend yourself. Here are a few suggestions:

- Use multifactor authentication or other extra security options with online accounts. Many of your online accounts offer extra security by giving you the option to prove your identity in different ways. With multifactor authentication, you must provide at least two different factors to prove your identity when you log in to an account. This additional layer of security provides you with much greater protection.
- Be creative with passwords. Create different passwords for work, financial services sites, social media and email – and give each password some length and complexity. Consider passphrases – actual words combined with symbols and

numbers (for example, "ThisIsAPassphrase!2468"), for sites that allow them.

- Protect your computer and your key data. Keep your antivirus software updated. And don't install bootleg or unlicensed software, which could infect your computer with a virus. Also, back up your important data.
- Watch out for fake websites or apps. When making financial transactions, be sure you're on the website of your bank or financial institution – and not on a fake site established by hackers. Your financial statements should have the legitimate website, so bookmark it and use it when doing anything with your accounts. Also, be careful when downloading apps – stick with those from established providers such as Google Play or the App Store.
- Avoid "over-sharing" on social media. Cyberthieves constantly stalk social media platforms for information they can use to commit their crimes. You can help stymie them by limiting what you share online. It's a good idea to keep

your full name, address and birthday private. You might also avoid discussing your plans for upcoming vacations. And review your privacy settings periodically so that only people you know or approve can see your information.

- Limit use of public Wi-Fi. Hackers often set up their own Wi-Fi networks in public areas, such as the computers found in hotel business centers. Ask an employee for the name of the legitimate network. And even when you use it, log off when you're finished.
- Don't take the bait of "phishers." Cyberthieves go "phishing" for sensitive information – usernames, passwords and account numbers – by sending communications, such as emails, purporting to be from a business or financial institution with which you often do business. They

may claim your account was "suspended" or that an "unauthorized transaction" was made, and you'll be asked to click on a link that takes you to what appears to be the company's website. If you go along with this request, you could find malicious software being downloaded on your computer. But legitimate businesses generally won't ask for account numbers or passwords unless you initiate the transaction. Other signs of phishing include threatening language, "urgent" requests, misspelled words or odd word choices. If an email does look suspicious to you, delete it without opening it. This list is not exhaustive, but by putting these steps to work, you can at least reduce the risk of becoming victimized by cybercriminals.

Jacqueline Taylor

Financial Advisor

3 Mill Street  
PO Box 176  
Meredith NH 03253  
603-279-3161  
Fax 866-532-8685  
jacqueline.taylor@edwardjones.com

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. For more information or to sign up for their monthly newsletter, contact your local Financial Advisor. Member SIPC



# Greater Lakes Region Children’s Auction looking for local talent

LACONIA — The Greater Lakes Region Children's Auction (GLRCA) is looking for short video recordings of local talent to share during the auction event scheduled for Tuesday, Dec. 8 to Friday, Dec. 11.

“Singers, dancers and perhaps even a reading of the “Night Before Christmas” would be welcome, creative additions,” Event Coordinator Jennifer Kelley said. To participate, contact Kelley at [Jenn@ChildrensAuction.com](mailto:Jenn@ChildrensAuction.com) or 527-0999; the auction will not accept unsolicited video.

“We want to ensure the messages are holiday appropriate and diverse,” Kelley said, noting that auction leaders would ensure that the entertainment is fresh and not repetitive. “Lakes Region Public Access recommends that you hold your phone horizontally, not vertically, and not use the “zoom” feature, to ensure that your content is in

great shape for TV.”

Kelley said auction board members have also reached out to nonprofits who received grant funding in years past as well as sponsors from the last several years so that they too could share video greetings with this year’s online, TV and radio audiences.

Jaime Sousa, GLRCA board chairperson, announced in October that, because of the threat of COVID-19, this year’s auction will be held virtually from the Bank of New Hampshire Pavilion.

“It was important for us to ensure that our bidders, volunteers, radio and television staff, donors and sponsors would be as safe and healthy as possible so that everyone can enjoy a wonderful holiday season,” Sousa said.

She added, “We are thrilled that the Bank of NH Pavilion has offered

to let us broadcast and distribute items to winning bidders from their location. They have the technology we need and both the indoor and outdoor space required to keep everyone socially distanced.”

Because safety is a major factor this year, auction leaders will not accept donations during the event to ensure there is time to properly sanitize and photograph every item in a manner in which volunteers can social distance.

While many items have been received at this time, there is a need for thousands of items to raise enough money to meet the needs of the community.

“Local businesses have stepped up to gather items, allowing us to have item drives in their parking lots,” Sousa said. “Items need to be in by the end of November for us to safely prepare for

the auction.”

Visit [www.childrensauction.com](http://www.childrensauction.com) for drop-off locations. Volunteers will also collect items on Friday, Nov. 27 and Saturday, Nov. 28 from 10 a.m. to 2 p.m. at Bank of New Hampshire Pavilion. At all drop-off sites, donors must bring a completed form, available at <https://bit.ly/32ahYHb>.

Gift cards can be ordered online for donation to the auction; mail gift card donations to GLRCA, 383 South Main St., Laconia, NH 03246.

Only a small group of volunteers, radio and TV personnel will be welcomed on the auction set during the event.

“We are sad that we cannot allow people to stop by to drop off checks and items, see the set or perform for us,” Sousa said. “We are gathering talent videos to provide that entertainment. While the auction will be

different this year, it will still be exciting, warm and wonderful.”

Several new programs and benefits have already been announced as a result of the changes brought about by COVID. For instance, the Beetle family of Patrick’s Pub & Eatery has reimaged its Pub Mania fundraiser; instead launching the “It’s for the Kids Community Challenge” in its place. An unlimited number of teams of various sizes will be safely spread out at businesses throughout the Lakes Region.

In one other change this year, Sousa said all bidders will be able to schedule their pick-up this year to cut down on wait time and ensure that there will be much smaller groups of people at the Bank of NH Pavilion at any one time.

About the Greater Lakes Region Children's Auction  
The Greater Lakes

Region Children's Auction is a charitable event held every December in central New Hampshire. Countless volunteers and donors have turned the Auction and its many fundraising events, including, It's for the Kids Community Challenge (formerly PubMania), into a major annual campaign. In the 39 years that the community has come together for the Auction, more than \$6 million has been raised for local charities, all through volunteer efforts, community donations and corporate sponsorship. The Greater Lakes Region Charitable Fund for Children is a 501(c)(3) nonprofit organization that helps community organizations in the Central New Hampshire region. For more information about the Auction, the nonprofits it supports and how you can help, visit [ChildrensAuction.com](http://ChildrensAuction.com).

## Comfort Keepers

### Thyroid disease and seniors

BY MARTHA SWATS  
Owner/Administrator  
Comfort Keepers

While there are many great things about getting older, we also become more susceptible to certain health conditions as our bodies age.

One condition seniors have the potential to develop is thyroid disease, which affects the body’s metabolic rate. Early detection and proper treatment of either can help limit the effects of the conditions and ensure that older adults continue to live healthy, happy lives.

The two conditions include:

Hypothyroidism is caused by underproduction of thyroid hormones and results in a low metabolic rate.

Hyperthyroidism is

caused by increased metabolism when the thyroid produces too many hormones.

Hypothyroidism is more common in older adults but hard to recognize because symptoms generally occur over the course of many years. The frequency of multiple symptoms decreases with age. Seniors suffering this disease may have only one or two symptoms. Presentation of symptoms depends largely on the deficiency of hormone levels in the body.

Symptoms of hypothyroidism vary depending on how low thyroid hormone levels are, and may include: fatigue; sluggishness; increased sensitivity to cold; constipation; pale, dry skin; a puffy face; hoarseness; high cholesterol levels; brittle hair and nails; un-

explained weight gain; muscle aches, tenderness and stiffness; menstrual changes; muscle weakness; pain, stiffness, or swelling in joints; depression.

Risk factors for developing hypothyroidism:

Females over the age of 50 are more susceptible

Have close relatives suffer from autoimmune disease

Radiation treatment in the upper neck and/or chest area

Previous surgery on the thyroid gland

Iodine deficiency

Hyperthyroidism presents itself in various ways, making it a challenge to diagnose, as some symptoms are indicative of other health conditions. As with hypothyroidism, seniors may present only one or two symptoms of this

disease. Medications can cause a few of the same symptoms or even mask the signs of this disease.

Symptoms of hyperthyroidism may include: sudden weight loss; rapid or irregular heartbeat; pounding of the heart; increased appetite; nervousness, anxiety or irritability; tremors in the hands and / or fingers; sweating; menstrual changes; increased sensitivity to heat; changes in bowel patterns; an enlarged thyroid gland; fatigue; muscle weakness; difficulty sleeping.

Risk factors for developing hyperthyroidism:

Having a close family member with hyperthyroidism

Having Graves or Plummer’s disease

Thyroiditis (swelling or pain in the thyroid gland)

Toxic adenoma (nod-

ules on the thyroid gland)

Thyroid disease can be more difficult to diagnose in seniors. However, when diagnosed and properly treated, thyroid disease can be managed, helping ensure the best quality of life for older adults.

Comfort Keepers® Can Help

If someone is suffering from thyroid disease, the trusted care team at Comfort Keepers® can help. Our caregivers can assist with meal preparation, medication reminders and can support physician-prescribed exercise regimens and diets. Our goal is to see that clients have the means to find the joy and happiness in each day, regardless of age or acuity.

To learn more about our in-home care services, contact your local

Comfort Keepers location today.

About Comfort Keepers

Comfort Keepers is a leader in providing in-home care consisting of such services as companionship, transportation, housekeeping, meal preparation, bathing, mobility assistance, nursing services, and a host of additional items, all meant to keep seniors living independently worry free in the comfort of their homes. Comfort Keepers have been serving New Hampshire residents since 2005. Let us help you stay independent. Please call 536-6060 or visit our Web site at [nhcomfortkeepers.com](http://nhcomfortkeepers.com) for more information.

## LRMHC hosts Annual Meeting, announces community award winners

LACONIA — Lakes Region Mental Health Center recently hosted its Annual Meeting Tuesday, Oct. 27 virtually via Zoom Webinar. The meeting featured the presentation of two community awards. The meeting also included a guest speaker, recognition of LRM-

HC board members, and business updates. Go to [www.lrmhc.org/annual-meeting](http://www.lrmhc.org/annual-meeting) to view the award presentation, view the full annual meeting, and read the annual report.

Eric Adams, a prevention, enforcement and treatment officer for the

City of Laconia Police Department, received the Helen Holbrook Service Award. This award is given to an individual who leads by example and gives of themselves to strengthen the cause of mental health in the Lakes Region.

Cinde Warmington, a healthcare attorney at Shaheen & Gordon, P.A., and serves as the chair of the Health Care Practice Group, received the Dr. Pete Harris Award. This award is given to an individual who promotes increased awareness, sensitivity, understanding and acceptance of mental health issues in the Lakes

Region through educating the public.

Two new board members were welcomed to LRMHC: Bill Bolton of Plymouth, and Kristin Snow of Gilford, NH. The elected slate of officers for 2020-2021 include Gail Mears, president; Peter Minkow, vice president; Marsha Bourdon and Matt Soza as co-treasurers; and Laura LeMien, secretary.

The guest speaker was Lisa Morris, MSSW director, Division of Public Health Services for the New Hampshire Department of Health and Human Services. Ms. Morris

provided an overview on the work of public health and information on the impact of COVID-19 on individual and population health.

Event sponsors include Presenting Sponsor Meredith Village Savings Bank; Silver Sponsors Northeast Delta Dental and NAMI NH; and Bronze Sponsor Kittell, Branagan & Sargent.

The Lakes Region Mental Health Center, Inc. is designated by the State of New Hampshire as the community mental health center serving Belknap and southern Grafton Counties. A private, non-profit corporation, LRMHC has two campuses, in Laconia and Plymouth that serves more than 4,000 children, families, adults and older adults each year. LRMHC provides Emergency Services 24 hours a day, seven days a week, to anyone in the community experiencing a mental health crisis, regardless of their ability to pay. Addition-

ally, LRMHC provides individual, group and family therapy; mobile crisis teams in the event a tragic event occurs that impacts a community at large, psychiatry; nursing; community support programs for people with severe and persistent mental illness; care management; community-based supports; housing; supported employment; substance use disorder treatment; and specialty services and evidence-based practices for children and their families, including trauma-focused therapy, art therapy and play therapy. Child Impact seminars are offered in Laconia and Plymouth for divorcing families.

For more information or to schedule an appointment, call 524-1100 or visit the Web site at [www.lrmhc.org](http://www.lrmhc.org). Find the Lakes Region Mental Health Center on Facebook and Instagram.

Sanbornton Artisan's Market

19 Meeting House Hill Road

... is on the move

Our days and times are changing. For the month of November, we will be moving to Saturday shopping hours (10am to 2pm). And we will be adding some Sunday hours for your shopping pleasure. Our seasonal schedule is:

Saturday Nov 7, 14, 21 and 28 (10am to 2pm)

Saturday Dec. 5, 12 and 19 (10am to 2pm)

Sunday Dec. 6, 13 and 20 (10am to 2pm)

\*\*\* All CDC safety recommendations will be in place \*\*\*

(masks, spacing, and social distancing)

To insure your safety, we meet before every market and do a thorough sanitizing.

Made with PosterMyWall.com

NORTH COUNTRY COINS, LLC

BUYING • SELLING • APPRAISALS

Est. 1989

WWW.NCCNH.COM

TUES - FRI 10 - 5 • SAT 10 - 3

HIGHEST PRICES PAID

All US and foreign silver and gold coins, estate jewelry, scrap gold, diamonds. Free oral appraisals.

NORTH COUNTRY COINS.

Main St., Plymouth, NH 536-2625.



# Leadership Lakes Region announces new board members

LACONIA — Leadership Lakes Region announces the appointment of three new members to its Board of Directors.

Joining the Board of Directors are Anthony Bean Burpee, Greg Goddard and Brian Winslow.

"All our new board members embody the spirit of community and bring talent, expertise and energy to the table," said Jennifer McLean, Program Coordinator.

Anthony Bean Burpee has been the Gilford Police Department Chief since 2014 and is in his 23rd year of law enforcement. Previously he had been with the Kennebunk (ME) Police Department holding the positions of Patrol Officer, School Resource Officer, Patrol Sergeant and Lieutenant.

Bean Burpee holds a Bachelor of Science degree in Criminal Justice, a Master of Science in

Criminal Justice and a Master of Public Administration. He is a member of the Gilford Rotary, 1st Vice President of the New Hampshire Chiefs of Police Association and a graduate of LLR, Class of 2017.

Greg Goddard is recently retired after a 39-year career in the NH Ski Industry including 21 years as the General Manager of Gunstock Mountain Resort. Throughout his career he has held leadership positions in numerous civic and charitable organizations.

Goddard is the Vice Chair of the Board of Directors of the Bank of New Hampshire, Commissioner of Lakes Business Park, Trustee of Gilford Village Knolls Retirement Community, Vice President of the Lakes Region Tourism Association, Trustee of the Winnepesaukee Yacht Club and a mem-

ber of the Board of Directors for the Live Like Doug Education Center. He is also an incorporator for the Taylor Community and LRGHealthcare. He is a graduate of LLR, Class of 2019.

Brian Winslow is the Vice President for Advancement & Business Development with Central New Hampshire VNA & Hospice. He has been working with not-for-profit organizations for almost 25 years. During this time he has volunteered, consulted or held positions in many organizations including the Maine Conservations Corps, Maine Department of Transportation and LRGHealthcare.

Winslow holds a Bachelor of Science Degree in Fisheries and Wildlife Biology from Iowa State University, a Master's Degree in Public Policy and Management from University of Southern



COURTESY

Leadership Lakes Region announces the appointment of three new members to its Board of Directors. Joining the Board of Directors are Anthony Bean Burpee, Greg Goddard and Brian Winslow.

Maine and a Master of Science in Marketing from Southern New Hampshire University. He has achieved the status of Certified Fund Raising Executive and is an active member of New England Association of Healthcare Philanthropy and the

Association of Fundraising Professionals as well as its Northern New England Chapter. Winslow is a graduate of LLR, Class of 2008.

Leadership Lakes Region is an organization dedicated to community improvement by developing, expanding,

promoting and putting in place a network of effective volunteer leaders with a variety of skills and interests.

For more information about Leadership Lakes Region, please visit [www.leadershiplakesregion.org](http://www.leadershiplakesregion.org).

## TEA

CONTINUED FROM PAGE A1

pressed by the staff's ability to flex with the demands of COVID-19 to create their works and still enjoy a school-based, school-wide event," said Colleen Sliva, M.S.Ed., School Principal & Special Education Director. "Many of the student works were

especially poignant and insightful, while aligned with our integration of the Choose Love curriculum."

For more information about Spaulding Academy & Family Services and its comprehensive special education services, visit [SpauldingServices.org](http://SpauldingServices.org). Details about the Choose Love

Movement are available at [chooselovemovement.org](http://chooselovemovement.org).

About Spaulding Academy & Family Services

Spaulding Academy & Family Services is a leading provider of educational, residential, therapeutic and community based programs and

services for families, and children and youth with neurological, emotional, behavioral, learning or developmental challenges, including Autism Spectrum Disorder and those who have experienced significant trauma, abuse or neglect. Established in 1871, Spaulding Academy & Family Services is a tax-exempt 501(c)(3) non-

profit that was formerly known as Spaulding Youth Center since 1958. Our scenic hilltop campus is located on nearly 500 acres in Northfield, NH and welcomes boys and girls from ages 4 to 21 from around the state of New Hampshire and beyond. In addition to programs provided on our Northfield campus, Spaulding's community

based programs include foster family licensing, Individual Service Option (ISO) foster care, ISO in-home services, child health support services, and more for children ages 0 to 20 and their family. For information about Spaulding Academy & Family Services, visit [www.SpauldingServices.org](http://www.SpauldingServices.org).

## ELECTION

CONTINUED FROM PAGE A1

heated race for the Second Congressional District, which saw Democratic incumbent Annie Kuster squaring off, successfully, in a re-match with Republican challenger Steve Negron. Negron was the favorite in Northfield, earning 1,320 votes to Kuster's 1,160, while Libertarian Andrew Olding trailed with 72.

In the race for Governor, Republican incumbent Chris Sununu, who easily won re-election against Democratic opponent Dan Feltes, was

also the overwhelming favorite locally. In Belmont, Sununu garnered 3,133 votes to Feltes' 813, with Libertarian Darryl Perry placing a distant third with 63. Voters in Northfield favored Sununu over Feltes 1,912 to 666, while Perry was given 50. Sununu brought in nearly three times the turnout for Feltes in Sanbornton, 1,432 to 558, with 25 for Perry. The story was much the same in Tilton, where Sununu garnered 1,451 votes to Feltes' 529, Perry trailing once again with 39.

Along with the Corner Office, Republicans

in New Hampshire also regained a position on the Executive Council, with Joe Kenney winning back the influential District 1 seat he lost to Democrat Mike Cryans in 2018. The results in Sanbornton reflected the district wide vote, with Kenney bringing in 1,204 votes to Cryans' 749. Kenney was also the favorite in Tilton, earning 1,125 votes to Cryans' 785.

Voters in Belmont, which lies within Executive Council District 2, threw their support behind Republican Jim Beard (2,400 votes) over Democrat, and eventual

winner, Cinde Warmington (1,356). Beard was also the favorite in Northfield, where he was awarded 1,438 votes to Warmington's 1,000.

*Editor's note: Due to space restrictions, we are not able to provide a detailed breakdown of the numerous state House, state Senate, and county races that appeared on last Tuesday's ballots. Results for those races will be posted on the New Hampshire Secretary of State's Web site, [www.sos.nh.gov](http://www.sos.nh.gov), as soon as they have been tabulated in full.*

## BELMONT

CONTINUED FROM PAGE A1 to pile on the shots early and were clearly amped and ready to make a push for another finals appearance. Midway through the first half Hopkinton struck again with a goal by Ashlee Brehio to go up 2-0.

The second half started with Hopkinton surging once again but it wasn't until 10 minutes left that the Hawks put another score on the board with a goal by Liz Holmes. Holmes sent a shot to the left low corner of the net to go up 3-0 and Hopkinton was on a roll. With less than five minutes remaining

Brehio knocked in her second goal of the game enroute to a shutout win.

Belmont coach Mark Dawalga was proud of his team's effort despite the loss and was happy for the team to have a chance to take things deep into the playoffs.

"I was really pleased with the girls and how they played yesterday," said Dawalga. "I was proud of the way they played especially in times like these. Hopkinton is an outstanding team and I really want to give them credit there. The girls really did a great job this season and I can't say enough about their effort."

## TWO COMPANIES.....NOW ONE FORCE!

WEEKS  
COMMERCIAL

AND

RE/MAX  
Bayside



**Pictured from Front:**  
Robin Mescon, Kat Johnson, Reuben Bassett, Chris Kelly, Jane Angliss, Steve Weeks, Jr., Travis P. Cole and Warren Clement.

**Not present:**  
Kevin Sullivan  
Ron Talon  
and  
Russ Poirier

RE/MAX Bayside and Weeks Commercial

Here to serve all your commercial, industrial, and business brokerage needs throughout the Lakes Region and beyond.

[www.weekscommercial.com](http://www.weekscommercial.com) / [www.baysidenh.net](http://www.baysidenh.net)

208 DW Hwy, Meredith • (603) 279-0079 / 604 Main St., Laconia, NH • (603) 528-3388



# REAL ESTATE



THOUSANDS OF PROPERTIES,  
ONE ADDRESS...

**MaxfieldRealEstate.com**

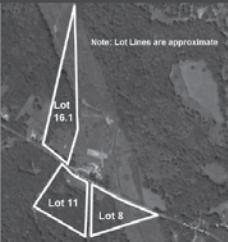


Call us today – let us be your hometown hero for buying or selling a property in the Lakes Region.

WOLFEBORO: (603) 569-3128 | ALTON: (603) 875-3128 | CENTER HARBOR: (603) 253-9360

## AUCTION

Three Land Parcels  
3.3, 4.8 & 3.9 Acres  
Salisbury, New Hampshire  
Wednesday, November 18th  
at 3:00 p.m.



All three parcels are located along Raccoon Hill Road and will be offered separately. The lots are in current use.

- 463 Raccoon Hill Road Tax Map: 235, **Lot 8** is 3.3 acres with 599' of frontage.
- 0 Raccoon Hill Road Tax Map: 235, **Lot 16.1** is 3.9 acres with 300' of frontage.
- 0 Raccoon Hill Road Tax Map: 235, **Lot 11** is 4.80 acres with 320' of frontage and has a barn on the property.

**INSPECTION:** One hour prior to auction, if permitted.

The sale of Lots 8 and 16.1 will take place on Lot 8 and the sale of Lot 11 will take place on Lot 11. Buyer(s) will be responsible for any current use tax penalty incurred from the sale.



**FOR A PROPERTY  
INFORMATION PACKAGE WITH TERMS  
GO TO paulmcinnis.com**

LIC. #2089 - (603) 964-1301 - REF.#20PM-27



**MEREDITH OFFICE**  
**97 Daniel Webster Hwy**  
**(603) 279-7046**

**LACONIA OFFICE**  
**1921 Parade Road**  
**(603) 528-0088**

**VISIT US ONLINE: WWW.ROCHEREALTY.COM**



**Gilford:** Affordable, top-floor, get-away in the Lakes Region! Sunsets & lake views from this updated, 1BR/1BA, fully furnished condo across the street from Winnepesaukee.



**Sanborn:** Great opportunity! Two-unit home w/ owner's residence plus an apartment to rent out. Private dock and frontage on a brook that leads to Lake Winnepesaukee.



**Laconia:** Subdivision opportunity w/ plans for 20-lots on 24 acres. City water & sewer, survey, topography, and engineering plans are on hand. A rare opportunity!



**Gilford:** Spacious 3BR home w/ 3-season porch & HUGE detached 40x72 timber farm barn with attached sheds. Great location, near Gilford's town beach, Gunstock, trails & more.



**Welcome to Lakeside at Paugus Bay!** Set just yards from the sugar sand beach, docks, and landscaped lawns, these 32 luxury condominiums will feature 3-4 BR with up to 3,380 sqft. of living space, plus corner balconies, direct elevator access to each unit, and a 2-car garage. Westerly exposure with blazing sunsets overlooking the lake. **Prices to start at \$699,900**

\* This Condominium has not yet been registered with or exempted from registration by the New Hampshire Attorney General's Consumer Protection Bureau (the "Bureau"). Until such time as these Condominium Units are exempted from registration or are registered with the Bureau no binding contract for sale or lease of any lot, unit or interest may be created.

**55 Plus MODEL HOME  
OPEN SUNDAY 12 to 2**

**\$169,995 Come and take a look!**  
**Garage, Porch, Appliances**  
**\*10% down - 25 years at 6%**  
**Call Kevin - 603-387-7483**  
Mansfield Woods, 88 North, Rt. 132, New Hampton, NH  
Directions: Rt. 93, exit #23. Right for 1/2 miles, left at post office for 800'

## — FORECLOSURE SALE AT — PUBLIC AUCTION

**THREE BEDROOM HOME**  
**FRIDAY, DECEMBER 4 AT 11:00 AM**  
**29 BACK STREET, CAMPTON, NH**

**ID# 20-220** • 1930 built 1.75 story home located on a 0.08± acre lot • Home offers 1,080± SF GLA, 3 bedrooms & 1 bath • Front porch, vinyl/clapboard siding, screened porch, detached 1-car garage • Served by FHA/Oil Heat & Public water & sewer. Tax Map 9, Lot 15-4-38. Assessed value: \$71,800. 2019 Taxes: \$1,666. Mortgage Ref: Grafton County Registry of Deeds Book 3095, Page 0311. Sale per order of Mortgagee by its Attorneys: Minkow, Mahoney Mullen, P.A., Laconia, NH; Peter J. Minkow, Esq. **Terms:** \$5,000 deposit by cash, certified check, or other funds satisfactory to Mortgagee at time of sale, balance due within 45 days. Other terms may be announced at time of sale. All information herein is believed but not warranted to be correct. The Mortgagee does not warrant the condition or existence of any feature described above.

**FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE**  
**James R. St. Jean**  
**AUCTIONEERS**  
**603-734-4348 • www.jsjauctions.com**

## — FORECLOSURE SALE AT — PUBLIC AUCTION

**THREE BEDROOM HOME**  
**THURSDAY, DECEMBER 3 AT 11:00 AM**  
**55 LONG RIDGE ROAD, WAKEFIELD, NH**

**ID# 20-225** 1985 built Ranch style log home located on a 2.06± acre lot just off Rte. 16 in the Village of Sanbornville • Home offers 1610± SF GLA, 6 RMS, 3 BRS & 2 BA • Front porch, unfinished basement, fireplace, central A/C • Served by FHA/Oil Heat, private well and septic. Tax Map 88, Lot 009. Assessed value: \$204,500. 2019 Taxes: \$2,550. Mortgage Ref: Carroll County Registry of Deeds Book 3198, Page 329. Sale per order of Mortgagee by its Attorneys: Wensley & Jones, PLLC, Rochester, NH; Franklin C. Jones, Esq. **Terms:** \$10,000 deposit by cash, certified check, or other funds satisfactory to Mortgagee at time of sale, balance due within 45 days. Other terms may be announced at time of sale. All information herein is believed but not warranted to be correct. The Mortgagee does not warrant the condition or existence of any feature described above.

**FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE**  
**James R. St. Jean**  
**AUCTIONEERS**  
**603-734-4348 • www.jsjauctions.com**

## Camelot HomeCenter

**ALWAYS OPEN DAILY • 10 TO 6 SATURDAYS • 10 TO 5 SUNDAYS**  
**BUY NOW WHILE PRICES ARE LOW!**

<b>NEW 14 WIDES</b>	<p>List Price: \$57,532 <b>\$45,995</b> 56' 2 Bed</p>	<p>List Price: \$19,285 <b>\$47,995</b> 64' 2 Bed, 2 Bath</p>
<b>DOUBLE WIDES</b>	<p>List Price: \$61,069 <b>\$52,995</b> 68' 2 Bed, 2 Bath</p>	<p>List Price: \$90,335 <b>\$79,995</b> 52' 3 Bed, 2 Bath</p>
<b>MODULARS</b>	<p>List Price: \$12,645 <b>\$67,995</b> 40' 3 Bed, 2 Bath</p>	<p>List Price: \$98,311 <b>\$81,000</b> 48' 3 Bed, 2 Bath</p>
	<p>List Price: \$105,995 <b>\$105,995</b> 38x26 Sunny Cape Best Selling Cape in New England!</p>	<p>List Price: \$195,032 <b>\$91,995</b> 48' 3 Bed, 2 Bath</p>
	<p><b>\$105,995</b> 38x26 Sunny Cape Best Selling Cape in New England!</p>	<p><b>\$149,995</b> 1,900 sq. ft. 2 Story 1st Floor Master Bedroom</p>

WE HAVE DELIVERED OVER 10,000 HOMES TO SATISFIED CUSTOMERS. CAN WE DELIVER ONE TO YOU?  
Rt. 3, Tilton NH, exit 20 on Rt. 1-93 across from Lakes Region Factory Mall **WWW.CM-H.COM**

## PLYMOUTH TERRACE

### ONE BEDROOM UNITS

Lovely Apartment Community  
For Tenants 62 and Over, or  
Handicapped/Disabled Regardless of Age.

SUBSIDIZED RENT BASED ON INCOME.  
INCOME RESTRICTIONS APPLY.

**HANAWAY MANAGEMENT COMPANY**  
An Equal Housing Opportunity Agent  
**536-4402 • Contact us Today!**



### Equal Housing Opportunity

All real estate advertising in this newspaper is subject to The Federal Fair Housing Law which makes it illegal to make, print, or published any notice, statement, or advertisement, with respect to the sale, or rental of a dwelling that indicates any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination.

(The Fair Housing Act of 1968 at 42 U.S.C. 3601(c))  
This paper will not knowingly accept any advertising which is in violation of the law. Our readers are hereby informed, that all dwellings advertised in this newspaper are available on an equal opportunity basis.

To complain of discrimination call HUD toll free at 1-800-669-9777 or write:

For The Washington DC area, please call HUD at 202-742-9200. The toll free telephone number for the hearing impaired is 1-800-927-9275.

You may also call The New Hampshire Commission for Human Rights at 603-271-2767

The Commission at 163 Loudon Road, Concord, NH 03301  
Neither the Publisher nor the advertiser will be liable for misinformation, typographical errors, etc. herein contained. The Publisher reserves the right to refuse any advertising.



**www.NHFrontPage.com**

## TO VIEW THESE AND OTHER PROPERTIES, VISIT:

Alpine Lakes Real Estate: [www.alpinelakes.com](http://www.alpinelakes.com)

Bean Group: [www.beangroup.com](http://www.beangroup.com)

Century 21 Country Lakes Realty: [www.countrylakesrealty.com](http://www.countrylakesrealty.com)

Century 21 Twin Rivers Realty: [www.nhreal21.com](http://www.nhreal21.com)

Coldwell Banker: [www.cboldmill.com](http://www.cboldmill.com)

Coldwell Banker Residential Brokerage

[www.newenglandmoves.com](http://www.newenglandmoves.com)

ERA Masiello: [www.masiello.com](http://www.masiello.com)

Exit Lakeside Realty Group: [www.exitolakeside.com](http://www.exitolakeside.com)

Granite Group Realty Services:

[www.granitegrouprealtyservices.com](http://www.granitegrouprealtyservices.com)

Gowen Realty: [www.gowenrealty.com](http://www.gowenrealty.com)

Kressy Real Estate: [www.kressy.com](http://www.kressy.com)

Lakes Region Realty: [www.lakesregionrealestate.com](http://www.lakesregionrealestate.com)

Lamprey & Lamprey Realtors: [www.lampreyandlamprey.com](http://www.lampreyandlamprey.com)

Maxfield Real Estate: [www.maxfieldrealestate.com](http://www.maxfieldrealestate.com)

McLane Realty: [www.mclanerealtyplymouth.com](http://www.mclanerealtyplymouth.com)

Mountain Country Realty: [www.mountaincountryrealestate.com](http://www.mountaincountryrealestate.com)

Nash Realty: [www.nashrealty.com](http://www.nashrealty.com)

New Hampshire Colonials Real Estate: [www.squamlake.com](http://www.squamlake.com)

Noseworthy Real Estate: [www.noseworthyrealestate.com](http://www.noseworthyrealestate.com)

Old Mill Properties: [www.oldmillprops.com](http://www.oldmillprops.com)

Peabody and Smith: [www.peabodysmith.com](http://www.peabodysmith.com)

Pine Shores Real Estate: [www.pineshoresllc.com](http://www.pineshoresllc.com)

Preferred Vacation Rentals: [www.preferredrentals.com](http://www.preferredrentals.com)

Remax Bayside: [www.baysidenh.net](http://www.baysidenh.net)

Roche Realty: [www.rocherealty.com](http://www.rocherealty.com)

Strawberry Lane Real Estate: [www.strawberrylane.com](http://www.strawberrylane.com)


Town & Forest Realty: [www.townandforest.com](http://www.townandforest.com)

**To place your classified line ad,  
please call our TOLL FREE number: 1-877-766-6891**



# HELP WANTED

Call our toll-free number 1-877-766-6891  
and have your help wanted ad in 11 papers next week!



**Upper Connecticut Valley Hospital**

**JOB OPPORTUNITIES**

**FULL-TIME**  
***SIGN ON BONUS!***

- \*Speech/Language Therapist
- \*\*RN – M/S Charge, Day Shift
- \*RN – M/S Charge, Night Shift
- \*Multi-Modality Radiologic Technologist

**PART TIME**  
Medical Records Technician

**PER DIEM**  
Cook  
LNAs – RNs  
Phlebotomist  
Certified Surgical Tech  
Central Sterile Technician  
Patient Access Representative  
Environmental Services Technician

**APPLY ONLINE**  
[WWW.UCVH.ORG](http://WWW.UCVH.ORG)  
Upper Connecticut Valley Hospital  
181 Corliss Lane, Colebrook, NH 03576  
Phone: (603) 388-4236 • [ucvh-hr@ucvh.org](mailto:ucvh-hr@ucvh.org)  
EOE

**TOWN OF NORTHFIELD  
NOW HIRING**

**Visit <https://www.northfieldnh.org/jobs> for additional information.**

**Police Officer:** For full details visit <https://www.northfieldnh.org/jobs>

- Full-time Certified
- Full-Time position, plus Overtime available
- Full Benefits Package available, plus opt out options

Please send resume and cover letter to: Northfield Police Department, Attention Chief John Raffaelly 138 Park Street Northfield NH 03276

**Building & Grounds / Transfer Station Laborer:** For full details visit <https://www.northfieldnh.org/jobs>

- CDL B with Air Brakes Endorsement Required
- Full-Time position, plus Overtime available
- Full Benefits Package available, plus opt out options

Please fill out employment application and send to Town of Northfield, Attention Andy Buteau 21 Summer Street Northfield NH 03276

**On-Call Snow Plow Operator:** For full details visit <https://www.northfieldnh.org/jobs>

- CDL B License required

Please fill out employment application and send to Town of Northfield, Attention Andy Buteau 21 Summer Street Northfield NH 03276

The Town of Northfield is an equal opportunity employer.

**SHAKER REGIONAL SCHOOL DISTRICT  
SUBSTITUTES - \$100 PER DAY!**

Seeking qualified individual to cover teaching absences on an on-call/as needed basis. Shaker Regional School District pays \$100/day; \$50/half-day. Applications can be obtained on the District website, [https://www.sau80.org/departments/human\\_resources](https://www.sau80.org/departments/human_resources), by visiting the Superintendent of Schools office at 58 School Street, Belmont, NH or by calling 603-267-9223 extension 5300. Successful completion of a post-offer, pre-employment physical and criminal background check, including fingerprinting, is required. Shaker Regional School District serves the communities of Belmont and Canterbury, NH and is an Equal Opportunity Employer.

**SHAKER REGIONAL SCHOOL DISTRICT  
Employment Opportunities**

Shaker Regional School District is currently accepting applications for the following positions:

**Belmont Elementary School:**  
Classroom Assistant – 6 hrs/day  
General Special Education Assistant – 6 hrs/day  
1:1 Behavioral Assistants – 6 hrs/day

**Belmont Middle School:**  
Title I Tutor – 7 hrs/day  
Glade Level Assistant – 6 ½ hrs/day  
1:1 Behavioral Assistants – 6 ½ hrs/day

**Belmont High School:**  
1:1 Behavioral Assistant – 6 hrs/day

**Canterbury Elementary School:**  
Classroom Assistant – 6 ½ hrs/day

**District Wide:**  
Substitute Teachers – NOW \$100/DAY!  
Speech Pathologist 5 days/week (for July 1, 2021)  
Speech Pathologist 3 days/week (for July 1, 2021)

Please visit the Human Resources page on the District Website, [www.sau80.org](http://www.sau80.org), for details and to apply for any of these positions. Application must be made through SchoolSpring.com.

## ADVERTISING WORKS.



**HELP WANTED:**  
Experienced Insulation & Weatherization Technicians

Seeking candidates with insulation and weatherization experience: blown-in cellulose, spray foam, fiberglass, light construction and air sealing.  
Hourly rate DOE; weekly pay, plus benefits – be home every night!  
MUST HAVE clean driving record; we provide complete criminal background check prior to employment and medical card.

Contact Shakes to Shingles 603-415-1115  
[info@shakestoshingles.com](mailto:info@shakestoshingles.com)

**HIRING FAIR**  
Saturday – 11/14/2020  
10:00am-2:00pm

**Waterville Valley Ski Resort Base Lodge**  
Love to ski or ride? Come be a part of the WV Family this winter, or longer! Managers will be on site to interview and hire on the spot. WV is hiring for full-time, part-time, seasonal and year-round. Day shifts and evening shifts available. Masks and social distancing are required during the hiring fair.

 **WATERVILLE VALLEY RESORT**



**Loon Mountain Resort**

Loon Mountain has an immediate Full Time Seasonal position for a **HR Team Member Services Assistant**.

Responsible for printing and distributing employee passes, name tags and ski benefits. Also serves as backups for general HR functions. As we navigate to electronic communications for this season, organizational and computer skills are a must!

**Free Skiing/Riding and Food & Beverage discounts!**

For more information or to apply online please visit [www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)

# GENERAL SERVICES

**FOR SALE**  
**2007 DODGE GRAND CARAVAN SE**  
**BRAUN CONVERSION HANDICAP VAN**  
**\$9,995.00**



**CALL FOR MORE INFO: 603-738-2820**

Call our toll-free number 1-877-766-6891  
and have your help wanted ad in 11 papers next week!

**DEADLINE NOTICE**

**CLASSIFIED ADS**  
**AND**  
**YARD SALES**

**DEADLINE IS FRIDAY AT 3PM**  
**FOR THE FOLLOWING WEEK**

**NO ADS CAN BE ACCEPTED ON MONDAYS**

**THANK YOU!**



**Plymouth State UNIVERSITY**

Plymouth State University has the following positions available:

Plumber/Pipefitter – Two Positions  
Recycling Coordinator

Building Service Worker (Custodian)  
First Shift (5:00 AM - 1:30 PM) Monday - Friday  
First Shift (5:00 AM - 1:30 PM) Wednesday - Sunday  
Third Shift (11:00 PM - 7:30 AM) Friday – Tuesday

To view full descriptions of the positions and to apply, please visit <https://jobs.usnh.edu>

Plymouth State University is an  
Equal Opportunity/Equal Access/Affirmative Action institution.

To place your classified line ad, please call our TOLL FREE number: 1-877-766-6891



# Tilton man convicted of methamphetamine trafficking

CONCORD — United States Attorney Scott W. Murray announced that a federal jury found Stefan Gauthier, 34, of Tilton, guilty of two counts of possession of methamphetamine with intent to distribute after a three-day trial.

According to evidence presented during the trial, on Nov. 1, 2018, Tilton police arrested Gauthier for driving after suspension of his license. During a search of his person, police located a baggie contain-

ing a small amount of methamphetamine and \$1,375 in cash. Police executed a search warrant for Gauthier's vehicle. Inside the vehicle, they found a handgun and a backpack that contained more than 350 grams of crystal methamphetamine, \$1,500 in cash, a digital scale, ledgers, and other drug paraphernalia.

On Dec. 2, 2018, while a warrant was pending for Gauthier's arrest, Franklin police responded to a report of a man unconscious at the wheel of a vehicle. After determining that the man was Gauthier, the police arrested him and transported him to a hospital. Police then obtained a search warrant for the vehicle and found four clear plastic baggies containing more than 100 grams of crystal methamphetamine. Police also found a scale, baggies, needles, and three mobile phones.

The jury also acquitted Gauthier of firearms charges related to the Nov. 1, 2018, incident.

Gauthier is scheduled to be sentenced on March 3, 2021.

"Methamphetamine is an extremely dangerous drug that poses a serious threat to public safety," said U.S. Attorney Murray. "I am grateful for the hard work of the Tilton and Franklin Police Departments and our other law enforcement partners. Their efforts have brought a dangerous drug trafficker to justice."

This matter was investigated by the Tilton Police Department, the Franklin Police Department, the Alexandria Police Department, the New Hampshire State Police, and the Drug Enforcement Administration. The case is being prosecuted by Assistant U.S. Attorney John S. Davis and Assistant U.S. Attorney Cam Le.


# HELP WANTED

**Linwood – Senior Services – Lincoln, NH**

**Cook**  
32 hours per week.

Responsible for planning, preparation, and serving meals. Maintain kitchen to comply with health and safety regulations. Work with Coordinator to develop menu to meet the nutritional requirements of older residents in the community. Food ordering and inventory responsibilities. Individual must have food preparation experience for groups. 2 years institutional or commercial cooking experience preferred, though willing to train the right candidate. ServeSafe training and certificate required (course offered during employment). Health insurance, 403(b) retirement, and earned time benefits.

Please contact:  
maria.mcintyre@gcsc.org www.gcsc.org  
EOE/ AA



**Northern Human Services**  
*Changing Lives*

**Consumer Directed Assistant**

Looking for an energetic, positive, and creative person to support a young woman in the Moultonborough area. Position consists of helping her obtain and maintain a volunteer position, supporting her during employment hours, as well as coming up with fun, creative activities to do within the community. Looking for someone to provide 25 hours of support each week at \$13.50 per hour. Position offers a flexible schedule and mileage and vacation/sick time are included. Please email resumes to Rhonda Vappi at rvappi@northernhs.org or mail to NHS 87 Washington St. Conway, NH 03818, or by faxing to (603) 447-8893.

This position requires valid driver's license, proof of adequate auto insurance, and the completion of driver, criminal and background records checks. This Agency is an Equal Opportunity Employer, and Provider. (459-10)

**VARNEY-SMITH Lumber Company, Inc.**

**CDL TRUCK DRIVER/ YARD MAN**

Duties to include:

- Local deliveries of lumber-building materials.
- Loading-off loading incoming and outgoing deliveries
- Must be conscientious, self-motivated, good with people, a team player
- Able to lift a variety of building materials
- Preferably long-term employee

Benefit to include:

- Competitive Wages
- Health Insurance
- Vacations
- Holidays
- Overtime pay

Please Apply in person at  
2701 Route 302, Lisbon, NH 03585  
No phone calls please.

**Looking for an exciting job this winter?**

**Loon is hiring for full-time and part-time seasonal operations.**

We're hiring in all departments including:

- Lift Operations
- Food and Beverage
- Ski School
- Property Maintenance / Grounds
- Custodial
- Retail and Tuning Shop
- Ticket Sales
- Transportation

Apply now: [www.loonmtn.com/jobs](http://www.loonmtn.com/jobs)

Seasonal employees are eligible for free skiing & riding!

**Town Clerk/Tax Collectors Office**  
**Town of Campton, NH**

The Town of Campton seeks a qualified applicant for the position of Part Time Assistant to the Town Clerk & Tax Collector. Candidate must be highly organized, flexible, reliable, and detail oriented. Ability to process transactions efficiently and accurately and preform a wide range of customer service, research, clerical, and administrative support services to the fast-paced Town Clerk/Tax Collector's Office. Offsite training and travel are required. This position receives direct supervision from the Town Clerk/Tax Collector. Prior municipal/business background and computer skills are desired. Please submit a cover letter and resume no later than November 13, 2020 at 3 pm to:  
**Hannah B. Joyce**  
Town Clerk/Tax Collector  
Town of Campton  
10 Gearty Way  
Campton, NH 03223

**Steel Erectors, Metal Roof & Siding Installers Foreman, Leadmen And Laborer Positions**

Will Train. Valid Driver's License required.


Application available at:  
**CONSTRUX, INC.** 630 Daniel Webster Hwy.  
Plymouth, NH 03264  
(603) 536-3533

Leading Pre Engineered Metal Building Co.



**MOULTONBOROUGH ACADEMY HELP WANTED**

Moultonborough Academy is seeking a second Middle School Boys Basketball Coach. Interested candidates should contact the Athletic Director, Matt Swedberg, at [mstedberg@sau45.org](mailto:mstedberg@sau45.org) or call Moultonborough Academy at 603-476-4883.

**Northern Human Services**  
*Changing Lives*

**Individual Seeking Personal Care Attendant Lincoln Area**

Individual in the Lincoln area seeking a personal care attendant to help them in their home and community. Duties include facilitating community and recreational activities, social activities, and providing support with hobbies, light housekeeping, assistance with service dog, feeding and administering medication. This is a 26 hour per week position. Training will be provided. Starting pay for this direct support position is \$11.50 per hour.

If you are interested in this position or would like to learn more about it, please send a resume and a letter of interest to:

Northern Human Services  
PO Box 299  
Whitefield, NH 03598

For more information or to email your resume, please send to [achoiniere@northernhs.org](mailto:achoiniere@northernhs.org)

This position requires a valid driver's license, proof of adequate auto insurance, and completion of driver's and criminal background checks. Northern Human Services is an Equal Opportunity Provider and Employer.

**Seasonal Help Wanted!**

Now hiring for our 2020 Journey to the North Pole™ season! Looking for a few responsible individuals to work as Guest Services, Chefs, and North Pole Elves, Fri-Sun evenings from Thanksgiving through December. Ideal candidates will have the ability to bring the holiday spirit to life and assist our guests on their journey. Compensation is a seasonal stipend for a dedicated performer.

Please send resumé and cover letter to:  
[resume@believeinbooks.org](mailto:resume@believeinbooks.org)

**ACHS is GROWING... and so can YOU!**

**PRIOR AUTH/REFERRAL SPECIALIST**  
*Support* the ACHS clinical manager and team to process and track test and referral orders to outside facilities. This role requires exceptional organizational, analytical and interpersonal skills and the candidate should have previous medical records experience.

**RN/LPN/CMA/RMA**  
*Assist* providers in delivering quality health care to patients with superb customer service. Experience preferred, but we're willing to train the right candidate.

**NURSE CARE COORDINATOR / PT**  
*Help* patients with complex needs get the care they deserve by working with providers to assess needs and develop plans using a shared goal model. This is a part-time position in our Littleton site - ideal for someone in nursing who is looking for flexibility of schedule.

**PATIENT ACCESS SPECIALIST Behavioral Health**  
*Enhance* the patient visit by ensuring excellent customer service from intake to check-out in our busy behavioral health dept. Must enjoy the public.

*For a rewarding career with the potential for growth opportunities, competitive pay and benefits please visit:*  
**Ammonoosuc.org**

**Ammonoosuc Community Health Services**  
Littleton • Franconia • Warren • Whitefield • Woodsville [www.ammonoosuc.org](http://www.ammonoosuc.org)



**LOCAL FOLKS**

locally owned businesses here to serve you!

**love is respect org**



## Classic “Our Town” to play on LRPA this weekend

LACONIA — Join Lakes Region Public Access Television at 10 p.m. this Friday and Saturday night (Nov. 13 & 14) for our LRPA After Dark presentation of 1940’s film adaptation of Thornton Wilder’s beloved play “Our Town,” starring William Holden, Martha Scott and Frank Craven.

Set in the fictional town of Grover’s Corners, New Hampshire, “Our Town” uses a narrator (Mr. Morgan, played by Frank Craven) to introduce us to the people living in this small New England town. Life has not changed much here throughout the years: people are born and grow up, fall in love, marry, raise families and die. In that way, Grover’s Corners is like any other place in the world. We meet Dr. and Mrs. Gibbs (Thomas Mitchell and Fay Bainter), who live next door to their friends Mr. and Mrs. Webb (Guy Kibbee and Beulah Bondi). Their oldest children, George Gibbs (Holden) and Emily Webb (Scott) fall in love and marry. Through the magic of the narrator, the viewer examines the characters’ most intimate thoughts, fears, hopes and regrets.

Will George and Emily live happily ever after?

Thornton Wilder was awarded the 1938 Pulitzer Prize in Drama for “Our Town,” and often called it the favorite of his works. The play debuted to rave reviews on Broadway that same year, featuring both Craven and Scott in the same roles that they would reprise in the film two years later. Both critics and moviegoers had much praise for the movie “Our Town,” which went on to receive six Academy Award nominations: Best Picture, Best Actress (Scott), Best B&W Art Direction, Best Original Score (written by Aaron Copeland) and Best Sound Recording. Bosley Crowther of the New York Times lavished the film with praise – something he rarely did – stating “We hesitate to employ superlatives, but of ‘Our Town’ the least we can say is that it captures on film the simple beauties and truths of humble folks as very few pictures ever do: it is rich and ennobling in its plain philosophy – and it gives one a passionate desire to enjoy the fullness of life even in these good old days of today.” What else do you need to know?

Grab your popcorn and meet us after dark for this simple, dramatic and stunning film adaptation of this most beautiful and tender story.

And mark your calendars: we’re only weeks away from the annual Greater Lakes Region Children’s Auction, presented by Hannaford Supermarkets, Tuesday, Dec. 8 – Friday, Dec. 11. This year we’re broadcasting from the Bank of New Pavilion. Join LRPA for minute-by-minute coverage all week long, locally on Channel 25, on Atlantic Broadband Channel 12 and streamed in HD on the Laconia Daily Sun Web site ([laciadailysun.com](http://laciadailysun.com))! Or listen in with our fantastic radio partners 104.9 FM The Hawk and Lakes FM 101.5 FM! high and bid often – it’s for the kids!

You can’t find television like this it anywhere but LRPA TV, Atlantic Broadband Channel 25. Not a subscriber? Then watch us online at [live.lrpa.org](http://live.lrpa.org) to catch all the fun.

About Lakes Region Public Access Television (LRPA)

Lakes Region Public Access Television (LRPA) is a nonprofit, non-

mercial public access TV station and community media center located on the Laconia High School campus in Laconia, NH. LRPA cablecasts locally on Atlantic Broadband Channel 24 (educational programming and public bulletin board), Channel 25 (information and entertainment) and Channel 26 (government meetings) to more than 12,000 homes in our member communities of Belmont, Gilford, Laconia, Meredith and Northwood. Programming is produced by and for the people of the greater Lakes Region. LRPA’s mission is to empower our community members to produce content that fosters free speech and the open exchange of ideas, encourages artistic and creative expression, promotes a well-informed public through governmental transparency, and unites our communities through the power of media and technology.

LRPA’s slogan: Community empowered by media. Visit us on the Web at [www.lrpa.org](http://www.lrpa.org).

## Light Up Season at the Belknap Mill!

LACONIA — Lighting the windows of the Belknap Mill during the holidays has been a long-standing tradition. Every year candle lights are placed in each of the 122 windows of the historic Mill to celebrate the holiday season. On the Sunday after Thanksgiving, through the end of January, all the candles are turned on and Beacon Street East glows in the reflection of the festive lights.

We invite you to join us in brightening the windows of the Belknap Mill! Dedicate a candlelight in honor of someone special that you would like to celebrate this holiday season. What better gift than giving the gift of light...the gift of hope...the gift of love. For each candlelight you dedicate in someone’s name they will receive a personalized card from the Belknap Mill acknowledging the gift from you in their honor. Your gift will also be acknowledged on the Mill’s social media and in our Mill Matters newsletter.

The tradition of lighting the windows at the Belknap Mill will begin Nov. 1. Lights can be purchased online at [www.BelknapMill.org](http://www.BelknapMill.org) or by calling the Belknap Mill at 524-8813.

Candlelights will be switched on as donations are made. Help us have all 122 lights glowing by Nov. 29 when both the Belknap Mill and Busiel Mill turn on their lights and Laconia celebrates ‘Light Up Laconia!’

All proceeds from ‘Light Up the Belknap Mill’ support our mission driven programming.

The Belknap Mill Society is a 501(c)(3) nonprofit organization whose mission is to preserve the Belknap Mill as a unique historic gathering place and to celebrate the Lakes Region’s cultural heritage through the arts, education and civic engagement.

# HELP WANTED

SMART • FRIENDLY • SERVICE

SINCE 1898

BELLETETES

BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Yard Associate

Our Ashland location is searching for a member of our Lumber & Building Materials Yard Team. The primary responsibility of a Lumberyard Associate is to maintain customer service per company standards, the accurate and efficient loading and unloading of all lumberyard related transactions. In addition, you will be responsible for maintaining the appearance of the yard and racks in an orderly and clean manner. Forklift experience and heavy lifting is required. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

▶ Competitive Wages

▶ Paid Vacation

▶ Paid Holidays

▶ Paid Time Off

▶ Health Insurance

▶ Profit Sharing

▶ Store Discounts

▶ 401k

E.O.E.

SMART • FRIENDLY • SERVICE

SINCE 1898

BELLETETES

BUILDING PRODUCT SPECIALISTS

Lumber & Building Materials Contractor Sales

Our Ashland location is searching for a member of our Lumber & Building Materials Contractor Sales Team. You will prepare quotes, orders, invoices, special orders and purchase orders. This position will also coordinate deliveries and returns as necessary. You will serve as a resource for the customer, helping them make selections and build their confidence using your product knowledge and excellent customer service. Weekend hours required on a rotating basis.

You may apply in person or download an application from our website. All applications should be submitted to:

Dan Uhlman, General Manager  
20 West Street, Ashland, NH 03217  
or you may email to [duhlman@belletetes.com](mailto:duhlman@belletetes.com).

▶ Competitive Wages

▶ Paid Vacation

▶ Paid Holidays

▶ Paid Time Off

▶ Health Insurance

▶ Profit Sharing

▶ Store Discounts

▶ 401k

E.O.E.

 **BURNDY®**

Join our growing team!

Burndy in Lincoln is hiring experienced manufacturing personnel.

We offer flexible 3 to 5 day work week options, including a FT weekend shift. It’s a great opportunity to start a new career with potential for growth or even a 2nd career with a solid, growing company!

We offer competitive wages and benefits including medical, dental, vision, life insurance, disability, tuition reimbursement, paid vacation, 11 paid holidays and more.

We are an essential business with robust COVID-19 prevention protocols \$1,000 sign on Bonus (after 90 days).

**Make an appointment to visit our factory and apply**  
In Lincoln at 34 Bern Dibner Drive, Lincoln, NH 03251 • [ppinkham@burndy.com](mailto:ppinkham@burndy.com)



See all our open positions and apply online at:  
<https://careers.hubbell.com/>

**Other open positions**  
Entry level factory positions – No experience? NO PROBLEM!  
We’ll provide training!

**Factory Technician**  
**Machine Operators**  
**Maintenance Mechanic**

Burndy is a wholly-owned subsidiary of Hubbell, Inc., an equal opportunity employer M/F/Veteran/Disability

All qualified applicants will receive consideration for employment without regard to race, color, religion, gender, national origin, disability, protected veteran status or any other protected class

 **Town of Lincoln** 

Lincoln Town Hall  
148 Main Street – PO Box 25  
Lincoln, New Hampshire 03251-0025

Phone: 603-745-2757 • Fax: 603-745-6743 • E-mail: [Townhall@lincolnnh.org](mailto:Townhall@lincolnnh.org) • Office Hours: Mon-Fri 8am-4:30pm

HELP WANTED

LINCOLN-WOODSTOCK SOLID WASTE FACILITY

The Town of Lincoln is hiring a full-time, Solid Waste Facility Supervisor to manage all aspects of the town’s recycling and waste disposal programs. This includes full responsibility to implement, administer, promote, and monitor the recyclable materials and solid waste collection and disposal program for the Town; performs all other related work as required. The Solid Waste Supervisor is responsible for maintaining and improving upon the efficiency and effectiveness of all areas under his/her direction.

The candidate must possess a valid NH driver’s license; have or be able to obtain Solid Waste Certification; have a high school diploma or GED equivalent, be able to lift 60 lbs. and operate light equipment. This is a full-time, fully benefited position that will require weekend work.

Application and job description may be found at [WWW.LincolnNH.org](http://WWW.LincolnNH.org) or picked up at the Lincoln-Woodstock Solid Waste Facility, 63 Recycle Road, Lincoln and will be accepted until the position is filled. All interested candidates, please submit a letter of interest:

Town of Lincoln

ATTN: DPW Director, Nate Hadaway

P.O. Box 25 – 148 Main Street

Lincoln, NH 03251

The Town of Lincoln is an Equal Opportunity Employer.





### Colorful cakes

Pictured here are the winning entries in the First Annual Halloween Cake Decorating Competition (Adult Cake winner Brita Stevens, Teen winner Kendall Myers, and Kid winner Chloe Tarr) at the Belknap Mill! A shout out to all those who entered, we had well over 40 cake entries from all ages. Thank you to the Huot Center Culinary Arts Program students for being our judges — they certainly had their work cut out for them!

COURTESY



## Seniors and Snow Don't Always Mix



**DISCOVER MEMORY CARE** at Forestview Manor before the snow flies. This winter mom will be safer, and you'll have peace of mind. Winter weather, combined with a pandemic may make for a difficult time when caring for a parent with memory loss. **We have remained COVID Free** and have not let our guard down on safety precautions. Discover our engaging lifestyles, nutritious meals, and exceptional personal care services today.

**Only 2 Apartments Available!**

**Forestview Manor**  
Call Leigh Milne Today!  
(603) 279-3121

**MEMORY CARE ASSISTED LIVING**  
153 Parade Road, Meredith, NH  
www.ForestviewManor.com


 

### Breast Cancer Patients and Survivors Diagnosed in 2017, 2018 & 2019

Your diagnosis may have been delayed by a misinterpreted mammogram performed at:  
**Weeks Medical Center or Androscoggin Valley Hospital** between 2015-2017 and you may be entitled to compensation

**\*\*\*The time limit for bringing a claim may end in 2021\*\*\***

To learn more call Holly Haines at:  
**Abramson, Brown & Dugan,**  
in Manchester, NH  
(603) 627-1819 - [www.arbd.com](http://www.arbd.com)  
**\*\*\*All inquiries will remain confidential.\*\*\*  
Your identity will never be made public.**





## Medicare Open Enrollment is here!

# Make Hannaford your preferred pharmacy.

### Hannaford Pharmacy is here to meet all your Medicare Part D needs

with a full range of services to help you save time and stay safe and healthy.

- Curbside Pickup and Mail Delivery
- Easy Prescription Transfers
- Refills Made Simple
- Immunizations
- Hannaford Rx Mobile App
- Pet Medications
- Healthcare Professionals

Available to answer your questions with expertise and care.

Visit [hannaford.com/pharmacy](http://hannaford.com/pharmacy) for more information.